

Build a support list people can actually use.

Gather the family and professional contacts you have chosen to keep in one place. This sheet is for private planning; decide what, if anything, belongs on a page linked from your NFC card.

Selected contacts

Name / role	Preferred contact route	Consent confirmed
		☐
		☐
		☐
		☐
		☐

Keep the list current

Who maintains the contact page?

Date this list was checked:

Where is the current version kept?

Before a contact goes on a shared page

- ☐ Ask permission before listing someone's personal number or email.
- ☐ Use an approved public/work contact for professionals when possible.
- ☐ Share only with the people who need the list; check the destination access settings.
- ☐ Leave health details, medical records, and emergency instructions in the appropriate systems.
- ☐ Test the link and update it when a contact or number changes.

Keep the boundary clear. This is a contact organizer, not an alert, emergency response, medical record, or care instruction system. An NFC card opens its selected destination; it does not make that page private.

Keep this worksheet private while you collect contact details. Store only the information needed for your use case.